



You Must Eat to Live

Nothing will take the place of material food if you want to keep the material body in repair. The Creator gives the normal animal intelligence enough to feed itself and expects it to use it; otherwise the body will be destroyed. When you come to consider necessary foods, Rohe, in Textbook of Hygiene, gives: (1) Water; (2) Salts; (3) Proteids; (4) Fats or Carbohydrates. Currier, in Practical Hygiene, gives: (1) Water; (2) Salts; (3) Albumins; (4) Fats and Oils; (5) Starch and Sugars. Dr. Henry Reed Hopkins, President of the Medical Society of New York, in an article on the Mineral Nutrients, says that Air is the most important food, Water the next in importance, and Salts the third, the three constituting Class One. The reason is plain:

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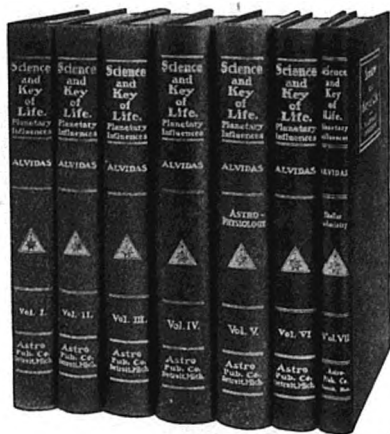
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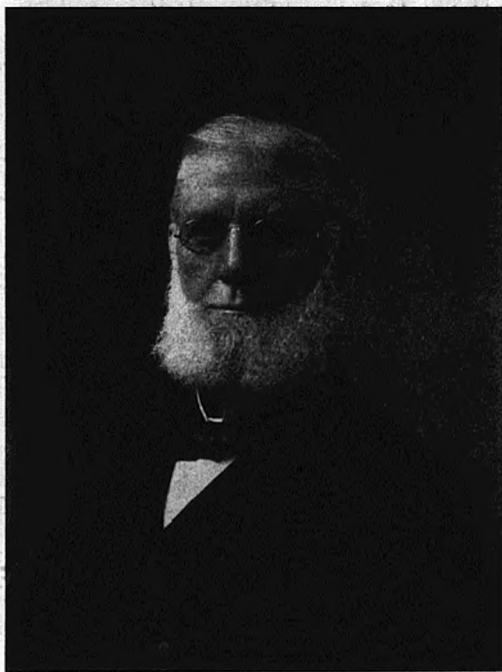
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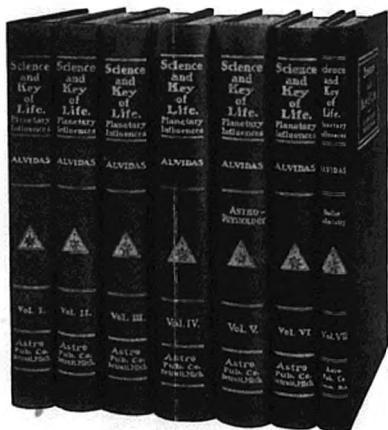
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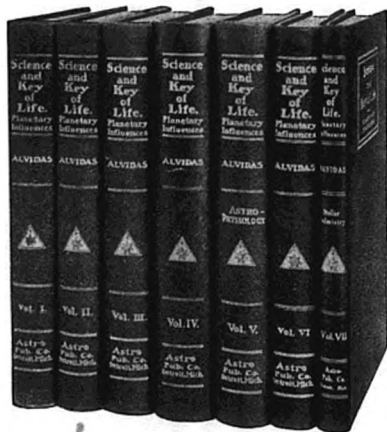
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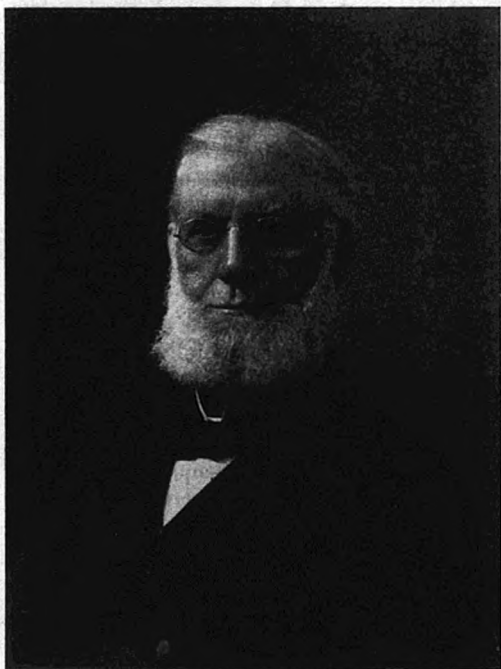
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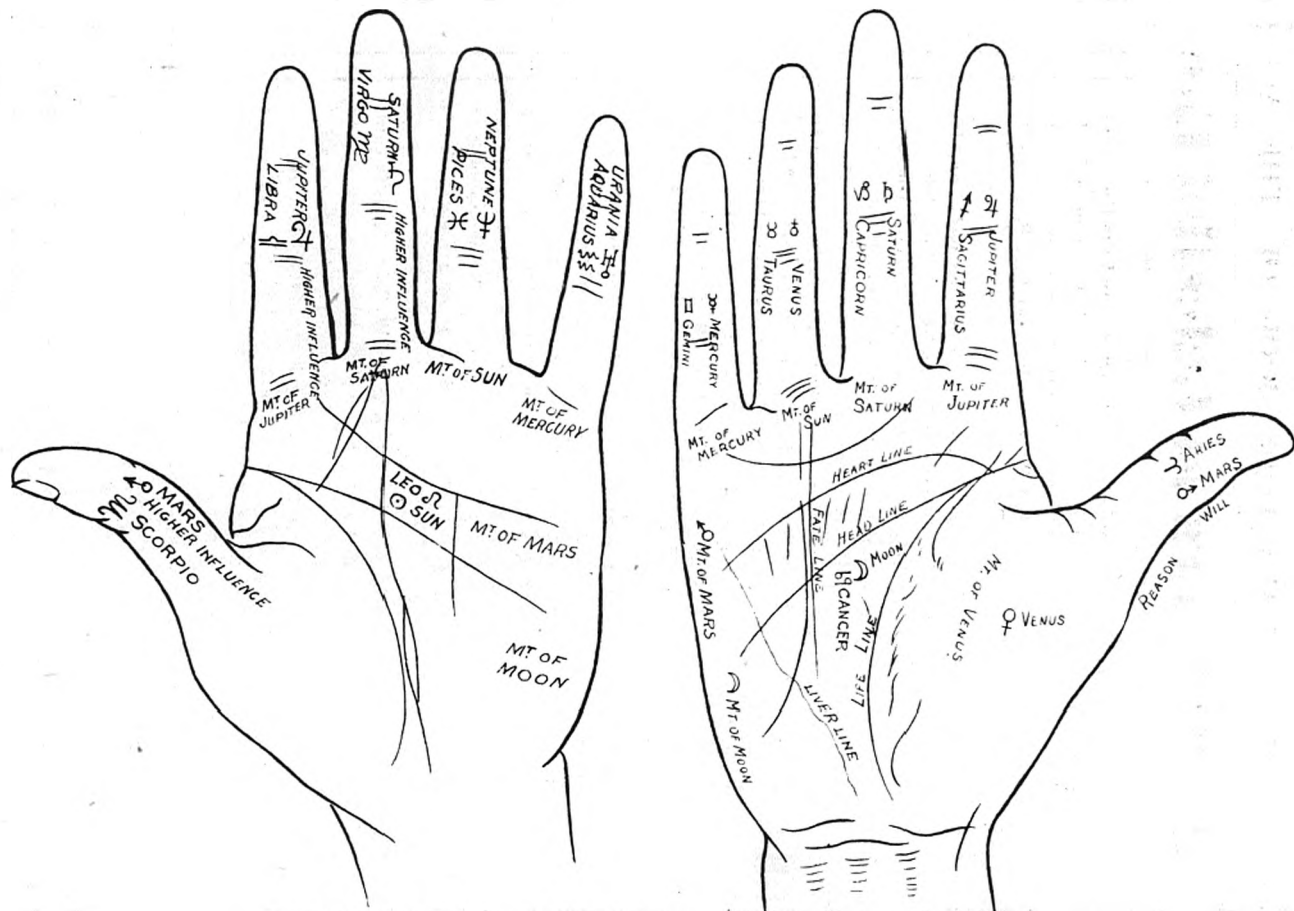
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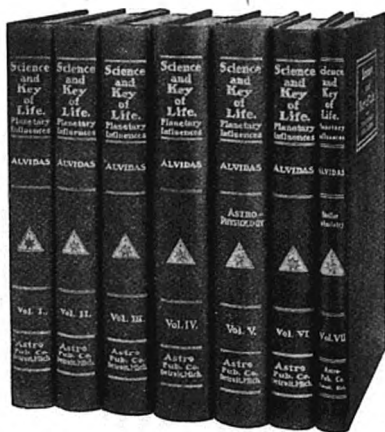
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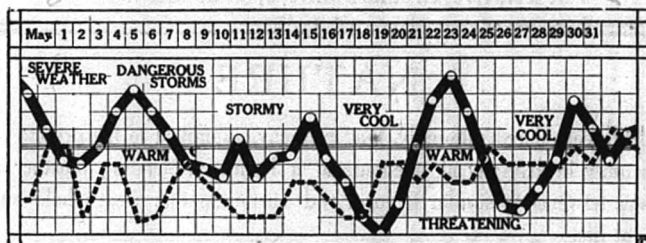
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To sound the science of the sky,
And carry learning to its height
Of untried power and sane delight. —

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LONG RANGE WEATHER FORECAST

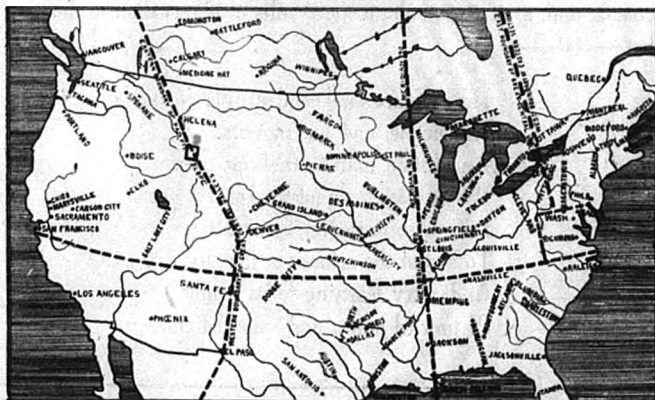
Mr. W. T. Foster is said to have remarkable ability as a meteorologist, and his predictions wonderfully accurate. We trust they will be both interesting and helpful to Stellar Ray readers. Following is April weather chart and forecast -Editor.



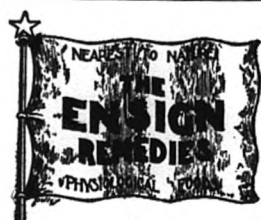
Temperatures of May will average lower than usual east of a line drawn from Winnipeg to New Orleans. Elsewhere from about to above normal. East of a line drawn from Winnipeg to St. Louis rainfall will be deficient. Also dry near the coasts of the Gulf of Mexico. High temperatures May 1 to 8, 21 to 25, 29 to June 2. Very cool near May 19 and 27. Severe storms April 29 to May 8. Sunspots April 30 to May 5.

In above chart the treble line represents normal temperatures and rainfall. The heavy line with round white spots is temperature forecasts. Where it goes above treble line temperatures are expected to be higher. Where it goes below treble line temperatures will be lower. The broken zigzag line is rainfall forecast. As it goes higher indicates greater probability of rain and where it goes lower the reverse. Dates are for meridian 90. Count one or two days earlier for west of that line and as much for east of it, because weather features more from west to east.

FOSTER'S WEATHER MAP



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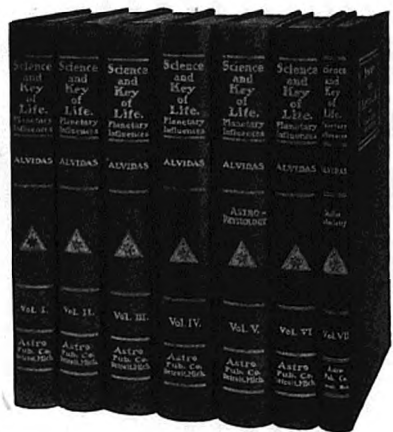
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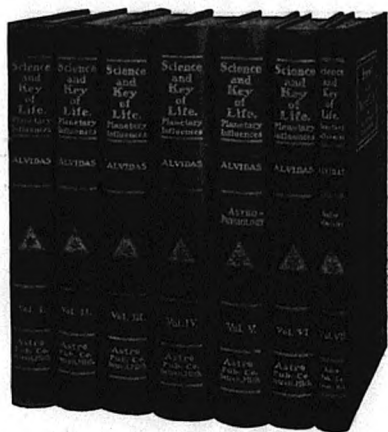
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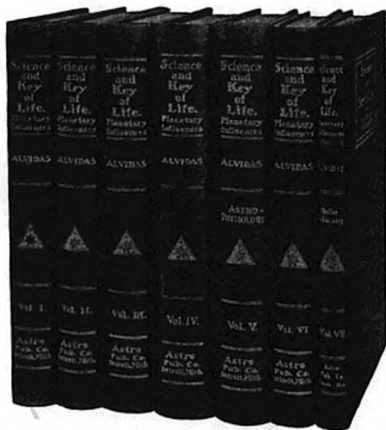
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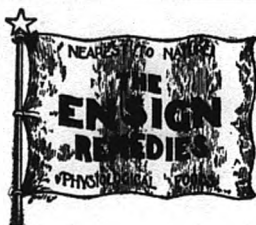
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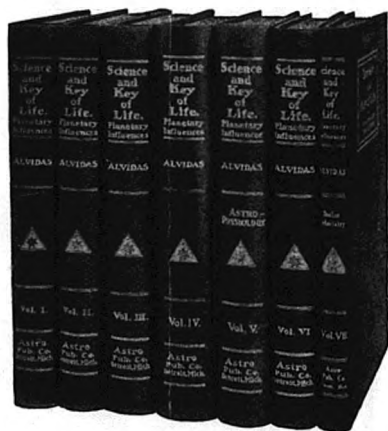
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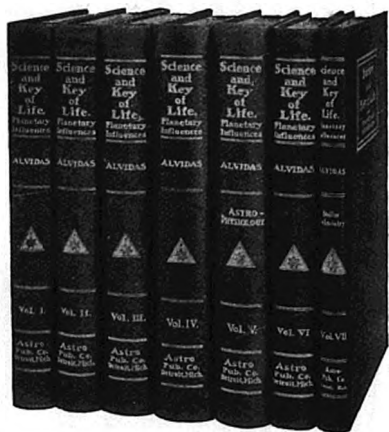
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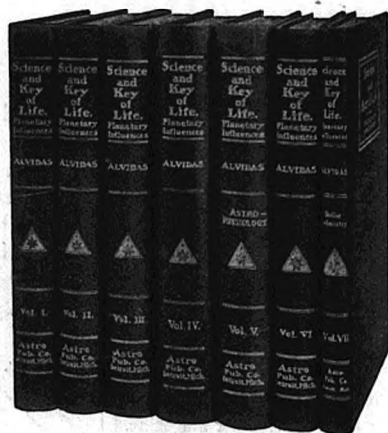
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